



WINGS SPREAD

Randolph Air Force Base ♦ Texas

59th Year ♦ No. 29 ♦ July 22, 2005

Getting dialed in



Majs. Bud Carlson and Doug Beck, instructors in the Air Force Advanced Instrument School, work through a scenario in the T-40 simulator used to train students in the basics of instrument flight. The school graduates 288 students a year from all branches of the service and allied countries. See page 18 for a feature article about AFAIS. (Photos by Steve White)

AETC Members awarded Bronze Stars

By Capt. Gideon McClure
Air Education and Training Command
Public Affairs

Three Air Education and Training Command logistics personnel were recently awarded the Bronze Star for their meritorious service in Iraq.

Col. Robert Winiecki, Logistics Division chief, was awarded the medal for his exceptionally meritorious achievement while assigned to the Joint Contracting Command-Iraq at Camp Victory, Baghdad, Iraq from November 23, 2004 to March 30, 2005. He orchestrated the stand-up of the contracting forces office and managed contracting support to more than 130,000 coalition troops at 185 forward operating bases in Iraq.

Lt. Col. Casey Blake, AETC Contracting Squadron commander, served meritoriously from July 9 to October 14, 2004 as the Iraqi Projects and Contracting Office chief, Joint Contracting Command, Iraq. While there, Colonel Blake directed the contracting of more than \$2 billion to rebuild Iraq's electrical, communications and transportation infrastructure.

Chief Master Sgt. Ronald Lee, AETC supply functional manager, was awarded the Bronze Star for meritorious service from August 14, 2003 through August 20, 2004. Chief Lee served as chief enlisted manager for the 379th Expeditionary Logistics Readiness Squadron and provided constant logistical support for more than 20,000 combat sorties during



Col. Robert Winiecki



Lt. Col. Casey Blake



Chief Master Sgt. Ronald Lee

the Global War on Terrorism.

"It is an extremely rare event when three Airmen are awarded the Bronze Star for service in a combat zone, but these Airmen impressed their commanders at every step," said Col. Stephen Schmidt, AETC Logistics director.

"In Colonel Winiecki's case, the Army commanding general he served under wrote me a personal note about his ability to lead deployed troops in theater," Colonel Schmidt said. "He told me his leadership was 'unquestionably the best he'd ever seen in a combat zone."

"We are all proud of these Airmen and their professional selfless service often under direct fire

from the enemy," Colonel Schmidt said. "It really demonstrates the changing nature of warfare. No longer are our logistics professionals just those in the rear with the gear. It confirms that every Airman is indeed a warrior, leading the fight against terrorism across the fading front lines of our interconnected world."

The Bronze Star was authorized by Executive Order No. 9419 on February 4, 1944, and is awarded to people in any branch of the military service who have distinguished themselves by heroic or meritorious achievement or service, not involving participation in aerial flight, in connection with military operations against an armed enemy.

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students					Wing Flying Hour Program				
			562nd FTS		563rd FTS			Aircraft	Required	Flown	Annual	
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO		T-1A	9577.1	9712.6	12,184
99th FTS	5.0	1.5	USAF	215	OPS	43	International	6	T-6A	13552.0	13859.5	17,290
558th FTS	-3.1	-2.1	Navy	51	Advanced EW	22	EW Course	12	T-37B	7160.3	7289.0	8,444
559th FTS	-4.4	-3.1	International	3	Integration	19	Intro to EW	0	T-38C	7667.2	7705.2	10,204
560th FTS	-3.3	0.4	Total in Training	269		84		18	T-43	3393.5	3407.6	4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.				

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 54 Team
Randolph members are
deployed in support of
military operations
around the globe

“**PROTECT
YOUR
WINGMAN**”

**DUI...
It's a crime
not a mistake**

**Team Randolph's
last DUI was
February 13, 2005**

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

By Col. Lela Holden
Air Force Surgeon General Office of
Congressional & Public Affairs

BOLLING AIR FORCE BASE, D.C. (AFPN) – As my husband and I prepare for a transfer to another base and mission, we have been making plans to take leave in Texas.

As we're looking at the map and discussing the options of flying versus driving, the short route versus a longer route to see more sites, and how much time we want to take for the trip, I'm reminded of the many choices and possibilities involved with decisions. For any trip there are truly many alternatives based on individual needs, preferences and priorities. There are many roads to Texas.

In a similar vein, there are many roads to success. I was privileged to attend a retirement ceremony recently for a mid-level Airman who addressed the question of "Am I successful?" He then went on to eloquently describe coming home late one evening and watching as his three kids ran down the stairs to hug and welcome him home from the office. Recounting this event brought a big smile to his face,

as he stated without any hesitation, that having a loving family was indeed a sign of success in this life.

On the other hand, I know of examples of famous, accomplished scientists who have many publications and much prestige and recognition within the scientific community who bemoan the fact they have not yet received a Nobel Prize. It seems by their definition of success, they have failed to measure up. There are many roads to success.

Where am I going with this, you ask? Well, as the discussions and charges of religious intolerance at the Air Force Academy swirl in the news, and our senior leaders engage to address the concerns, I am reminded about these simple comparisons of travel and success.

It seems that much in life offers us multiple choices and roads, regardless of the arena. And if there are many roads to Texas or to success, how is it possible there are not truly many roads to God? For those of us who believe in an omniscient, omnipresent, loving Creator of our magnificent universe, and the source of our individual beings, how is it possible that any human can limit

that Creator to only one road to understanding, loving and worshipping Him?

If human life is richly diverse and varied, is it not reasonable to say that critical matters related to God are as varied as well? Does it make sense to say that only one religion offers the definitive road to God? I think not.

Religious tolerance, including tolerance of those who choose not to relate to formal religion at all, is critical for teamwork in the Air Force. But a deeper level is that of genuine respect – respect that others' roads to God are valid. Indeed I would emphasize that all the world's major religions have not only much to offer, but much in common.

For example, they all have some version of the Golden Rule. I would also suggest that a thin layer of tolerance that barely conceals the underlying belief that one's own religion is superior is not sufficient to truly build the teamwork our Air Force and country need. We need respect for the rich complexity and variety of possibilities for us as humans, in relation to all aspects of life and in relation to God. After all, there are many roads to Texas.

A simple 'thank you' can go a long way

By Lt. Col. Frank Van Horn
86th Flying Training Squadron commander

LAUGHLIN AIR FORCE BASE, Texas (AFPN) – Many of us are familiar with the book, "All I Really Need to Know I Learned in Kindergarten" by Robert Fulghum. The theme centers around basic lessons we should have learned as children on how to interact with one another.

I am convinced that if any of us read Fulghum's book, we would nod our heads in agreement with just about everything he has to say in there. How could you not? They are the basic lessons your parents taught you.

One of the cornerstones of instruction and learning is the value of repetition. We can learn our multiplication tables, but without constant practice, the lesson is only short term and after a short period of time we forget.

I am convinced the principle of repetition is just as important in our interaction skills with others. If we don't practice the skills our parents taught us, we end up forgetting those lessons. If we are lucky, we will be presented with an opportunity to relearn some of the important lessons we may have forgotten.

I had such an opportunity recently, and my "instructor" was a senior airman who helped me "relearn" one of those valuable lessons we originally learned in kindergarten.

The "classroom" where this lesson occurred was my office. Under mounting piles of e-mails, officer performance reports, course critiques and a frustrating meeting schedule, I was not in a particularly good mood.

As I was sorting through the piles on my desk I ran across a brightly colored envelope addressed simply to "Lt. Col. Van Horn." I opened it up and inside was a thank you note from one of our fantastic Airmen who I had just flown recently on an incentive flight in a T-1 Jayhawk.

Her simple words of thanks for showing her what we did in the 86th brought a smile to my face that had been missing all day long. The impact was immediate. My focus returned.

I remembered the most important asset in any endeavor is people. I instantly understood the power of those two simple words.

The piles of paperwork shrank in importance and I remembered my primary job was to motivate and guide the Airmen in my unit toward accomplishing our mission. And finally, I remembered that some of the best motivational tools ever made were the two simple words "thank you."

I left the office and went out into the flight rooms where our mission happens everyday. I took the time to thank the instructor pilots for their long hours and extra efforts. I took the time to congratulate some students on recent check ride successes. That is when I remembered another lesson I learned long ago, a positive attitude is contagious. A simple thank you from a senior airman had immeasurable impact on the morale of my squadron that day.

When you find yourself feeling down or have had a tough day, remember that some of our most powerful motivational tools are the simplest and they don't cost a thing.

So be liberal with your praise and thanks. It doesn't cost you a thing and their positive impact is truly immeasurable.

I am a wingman

Looking out for each other main theme of AF culture

By Lt. Col. John Stea and Maj. Nicole Frazer
Air Force Population Health Support Division

BROOKS CITY-BASE, Texas (AFPN) – Air Force Chief of Staff Gen. John Jumper has emphasized the importance of each one of us looking out for one another, of being good "wingmen." With a clear vision in mind, General Jumper has described working toward building an Air Force "wingman culture."

The key theme of the wingman culture, often celebrated at a base as "Wingman Day," is Airmen helping Airmen. This culture is built on the premise that supporting each other during difficult times helps the Air Force succeed in its missions, and this becomes especially relevant during our increased ops tempo.

A wingman has specific duties. The perspective of the wingman is clearly different. As in flight, no one person can be aware of all the obstacles and dangers in the environment. Therefore, the wingman complements the lead pilot.

In a wingman culture, a wingman can see the "big picture" and recognize changes in a peer's behavior. The wingman can see how the stress in a person's life relates to his or her functioning. A wingman might be able to help that person change the impact of the stressor, or change the source of the stress.

The wingman culture is one in which no matter where you are, at home or deployed, coming to the aid of a peer in need is paramount. Assisting of someone in distress and guiding him or her toward available community resources when needed not only

requires compassion, awareness and knowledge, but also action.

The concept of total commitment is not entirely new for our Air Force. Any Airman who has embraced the three Air Force core values – integrity first, service before self, excellence in all we do – knows the benefits of total commitment to being a good wingman. How are these values essential? They are at the very core of one's identity, shaping what we view to be of greatest importance and of top priority in our lives. These values are lived out through our many roles in life, such as in the role of being a good friend or an excellent leader.

The wingman culture is built on guiding principles, such as personal responsibility and community involvement, that reinforce and uphold the Air Force core values. Each of these core values serves as a sign post on the road to serving others and building community excellence on a day-to-day basis:

Integrity encompasses the responsibility to assist others in times of need and conveys to every Airman the fact that others are interested in his or her wellbeing; it can be as simple as talking to someone or giving him or her a list of community resources. A person of integrity possesses courage and does what is right even if the personal cost might be high.

Courage instills confidence in making good decisions, such as encouraging someone to seek help. Building trust is another part of integrity that increases as we help someone. This includes providing moral support and forming relationships that encourage airmen to seek help when they need it

Service before self means respect for others and acknowledging the impact of our actions on their

lives. Principles of this core value of being a good wingman include deference to others' needs, respect for others and a spirit of collaboration; in essence, working together to help others.

A commitment to personal excellence requires learning about resources where others can receive assistance. For example, guiding someone to the chaplain or someone at the life skills support center can make a positive difference in that person's life, perhaps even saving that life. Finally, all this guides us along the path to community excellence, where all members gain by our individual actions of excellence.

The Air Force core values are reminders that inspire members to do their very best at all times. In taking action, we commit ourselves to care for each other, and this provides the building blocks that support the wingman culture. But core values are not our values until we integrate them into the conduct of the activities of our lives. Being a good wingman entails taking care of your coworkers, family and friends. It also involves taking care of yourself. Integrating the core values of a good wingman means truly valuing yourself and those around you.

As we think of the core values relating to being good wingmen, and the value inherent in helping others, each one of us is reminded of the opportunities that exist on a day-to-day basis to extend a helping hand and perhaps even save a life.

Take the opportunity to reflect on your total commitment and remember each and every day that "You are an Airman and that means you are a wingman."

News

Leaders address Air Force in BRAC process

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON (AFPN) – Defense Department leaders told the Base Realignment and Closure Commission Monday why certain military facilities are not included in Defense Secretary Donald Rumsfeld's May 13 recommendations.

Commissioners were here to continue their deliberations after visiting military bases nationwide being considered for closure or realignment.

Michael Wynne, deputy undersecretary of defense for acquisition, technology and logistics, provided details on several bases in question.

The Navy examined alternatives for an east coast master jet base. Moody Air Force Base, Ga., appeared as a "feasible alternative," Mr. Wynne said. But the base had a number of factors that made it less desirable, including "significant one-time military construction costs," he said. The Navy decided to retain Naval Air Station Oceana, Va., because it was the "most suitable option."

Mr. Wynne said the department considered building a new 21st century master jet base, but such action would occur "outside the BRAC window and BRAC time frame."

"Moody is a World War II vintage air base. About a half-billion dollars in military construction would be required there," said Vice Chief of Naval Operations Adm. Robert F. Willard.

"Sharing Moody with the Air Force with the inability to bring the entire wing from Oceana there is not a cost effective alternative," he said.

In addition, the admiral said Oceana provides a significant advantage because it is close to the naval fleet berthed in nearby Norfolk, Va.

"We felt strongly that any alternative would have to continue to serve the fleet from a military-value standpoint effectively," he said.

Gen. T. Michael Moseley, recently confirmed as the next Air Force chief of staff, said the Defense Department's decision to retain Moody was a good decision. He said Moody, near the U.S. Army Infantry Center at Fort Benning, Ga., will allow battlefield and expeditionary combat Airmen to partner with land component forces better, and "to maximize warfighting capabilities and jointness."

Mr. Wynne told commissioners that "jointness was a key goal" to many of Secretary Rumsfeld's recommendations. For example, he said Pope AFB, N.C., was realigned rather than closed so the Army could relocate Forces Command headquarters there from Fort McPherson, Ga.

He said the base will allow for joint training opportunities between Airmen and Soldiers and provide airlift for troops stationed at adjacent Fort Bragg, N.C.

Meanwhile, Mr. Wynne said Grand Forks AFB, N.D., another base the department wants to keep open, was realigned rather than closed to ensure continued strategic presence in the north-central United States and to support the department's emerging unmanned aerial vehicle mission.

Mr. Wynne told commissioners the secretary's recommendations will make the department "stronger, more capable and more effective."

He said department leaders will ensure final recommendations are "fair, and consistent with the selection criterion and force structure plan and will in fact increase the efficiency and effectiveness of our military infrastructure."

Secretary Rumsfeld recommended closing 33 major bases and realigning 29 others out of a total of 318 bases. The nine-person commission panel must send its recommendations to the president by Sept. 8.

The president has until Sept. 23 to accept or reject the recommendations in their entirety. If accepted, Congress has 45 legislative days to reject the recommendations in their entirety or they become binding on the department.

Major, captain promotions announced

Nine officers at Randolph recently received the good news they were selected for promotion.

Four captains found out Tuesday that they are on the major promotion list.

They are among the 177 captains selected of 341 officers eligible by the CY04 Major Nurse Corps Central Selection Board.

The Randolph promotees are:
12th Medical Operations Squadron
Margaret Laureano-Miller
Edwin Maldonado
Air Force Institute of Technology
Heather Campbell
Shannon Womble

Five first lieutenants found out July 11 that they are on the captain promotion list.

They are among the 563 lieutenants selected of 570 officers eligible by the CY05A Quarterly Captain Selection Process.

The Randolph promotees are:
Air Education and Training Command
Michelle Adams
Elaine Larson

12th Operations Support Squadron
Anthony Henzel
562nd Flying Training Squadron
Mark Whisler
1st Manpower Requirements Squadron
Joseph Palmer

The select rate results for captain are as follows:
Selection statistics in-the-promotion zone:
Line – 426 selected from 429 considered for a 99.3 percent select rate
Chaplain – 2 selected from 2 considered for a 100 percent select rate
Judge Advocate – 38 selected from 38 considered for a 100 percent select rate
Nurse Corps – 43 selected from 43 considered for a 100 percent select rate
Medical Service Corps – 21 selected from 21 considered for a 100 percent select rate
Biomedical Science Corps – 28 selected from 28 considered for a 100 percent select rate
Selection statistics above-the-promotion zone:
Line – 5 selected from 9 considered for a 55.6 percent select rate
The complete list of selectees is posted at www.afpc.randolph.af.mil/offprom/.

AF taking applications for physician assistant, physical therapy programs

The Air Force is taking applications for Physician Assistant Phase I training classes and for the Doctor of Physical Therapy Program.

The physician assistant classes begin January, April and August 2007.

Only active-duty enlisted Airmen are eligible to apply.

The selection board is scheduled to convene at the Air Force Personnel Center here March 21. Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Jan. 27. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said AFPC officials.

To be eligible, applicants must:

- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2007.
- Meet age limitations specified in Air Force Instruction 36-2005 for appointment as second lieutenants in the Biomedical Sciences Corps (less than 42 years of age upon completion of Phase II training.)
- Combined verbal and math score of 950 on the Scholastic Aptitude Test.
- Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.

• Sixty semester hours of transferable college credits and a grade point average of 2.5 or better on a 4.0 scale. Twenty-nine of these semester hours must be actual in-classroom courses at an accredited college or university. A combined minimum 3.0 GPA is required in the math and science courses. Thirty-one semester hours may be met from CLEP, CCAF, DANTES, USAFI correspondence courses, end-of-course test, or specific subject examination.

For more information, contact the local military personnel flight, education office or visit online at www.afpc.randolph.af.mil/medical/BSC/Education/PAapplication.htm.

The Doctor of Physical Therapy Program begins Dec. 17, 2006, at the Health Science Center at Fort Sam Houston, Texas.

Only active-duty Airmen who possess a baccalaureate degree or those who are in the final semester prior to receiving a degree that includes this program's prerequisites may apply. Applicants must also be medically qualified for worldwide duty.

The selection board is scheduled to convene at the Air Force Personnel Center here in December. Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-

4729 no later than Nov. 25. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said AFPC officials.

To be eligible, applicants must:

- Have scored 1,000 or higher on the Graduate Record Examination with a minimum score of 450 on the verbal portion.
- Completed 100 hours of voluntary service in direct patient care in a physical therapy function.
- Hold a minimum overall undergraduate grade point average of 3.1 on a 4.0 scale and a 3.1 GPA or better on all required prerequisites.

All prerequisite courses must have been completed within 10 years of the initial semester of the program. Non-credited military training does not count as prerequisites. The program does accept CLEP and advanced placement exams, and on-line courses to fulfill prerequisites, however, applicants cannot CLEP out of laboratory courses.

Qualified applicants should call 565-2775 for applications.

For more information, on program prerequisites, including required coursework and application procedures, visit the AFPC Web site at www.afpc.randolph.af.mil/medical/BSC/Education/ptweb05.doc/.

(Courtesy of Air Force Personnel Center News Service)

NEWS BRIEFS

12th ADS change of command

Col. James Little assumes command of the 12th Aeromedical-Dental Squadron July 29 with a formal ceremony at 10 a.m. in the officers' club.

AFOMS change of command

Lt. Col. James Wisnowski assumes command of the Air Force Occupational Measurement Squadron July 29 with a formal ceremony at 9 a.m. in the function room at the enlisted club. A reception follows the ceremony.

Money available for equipment

Air Education and Training Command has money left in the Productivity Enhancing Capital Investment program to fund equipment needs. Eligible requests can receive monies for both Fast Capital Investment and Productivity Investment Fund requests.

FASCAP is for projects up to \$200,000 with a payback in two years and PEF is used for projects exceeding \$200,000 with a payback in four years.

To determine eligibility, refer to Air Force Instruction 38-301 or call the manpower and organization flight at 652-2590, extension 3066.

Members can ship second POV

Military members with dependents and a second privately owned vehicle can ship a second POV during permanent change of stations within the continental United States.

The member will make all the arrangements for the shipment and then claim it on their travel voucher as a reimbursement. This policy went into effect Oct. 1, 2004.

For questions, refer to chapter 5 of the Joint Federal Travel Regulations or call Master Sgt. Anita Miles at 652-1858.

Medical clinic training day

The Randolph medical clinic is closed Wednesday, 7:30 a.m. to noon, for training.

Travel advisory for Mexico

The struggle between criminal organizations for control of the lucrative narcotics trade in Mexico is fueling violent criminal activity along the border, especially in the vicinity of Nuevo Laredo.

As a result, U.S. Northern Command has published a travel advisory for Mexico. Headquarters Air Education and Training Command recommends all Airmen avoid travel into Mexico until authorities can get this situation under control.

For more information, call Col. John Kinsey, 487-5003.

Inspector General System

We encourage all Air Force members to use their chain of command to resolve issues. However, we remind you the Air Force has a program that allows you to present a complaint at any level in the Inspector General system.

The program gives you two specific rights 1) No one may restrict you from communication with the IG or those individuals authorized to accept a protected communication under Title 10 USC Section 1034 and 2) You are free to lodge a complaint without fear of intimidation or reprisal.

Give us a call if you have an issue that you can't resolve. We stand ready to help you so you can focus on the mission at hand.

Your Installation Inspector General

Building 100 (Taj Mahal), Room 203 Phone: 652-2727
Fraud, Waste and Abuse Hotline: 652-3665

COMPLAINT SYSTEM

TYPE OF COMPLAINT	REFERENCE	POINT OF CONTACT
Civilian Discrimination (Ethnic, Gender, Religion)	AFI 36-1201	12th FTW/CCD
Civilian Employment and Equal Opportunity		12th MSS/DPC
Appeal of an OPR or EPR	AFI 36-2401	12th MSS/DPMPEA
Correction of Military Records	AFI 36-2603	12th MSS/DPMPS
Military Equal Opportunity and Treatment	AFI 36-2706	12th FTW/ME
Private Indebtedness	AFI 36-2906	Unit commander
Support of Dependents	AFI 36-2908	Unit commander
Administrative Separations (Officer)	AFI 36-3206	12th MSS/DPMARS
Administrative Separations (Enlisted)	AFI 36-3208	12th MSS/DPMARS
Claims against the Government	AFI 51-501	12th FTW/JA
Punishment under the UCMJ	AFI 51-202	12th FTW/JA
Hazardous Working Conditions	AFI 91-302	12th FTW/SE

Don't spin your wheels

Car buying seminar recommended for Randolph Airmen

By Steve Mayfield
Family Support Center

In today's mobile world, obtaining a reliable means of transportation is becoming an increasingly important issue for Airmen of all ages.

Extended commutes, constant travel and job commitments make having a car a necessity for most, and as such, they eagerly begin the task of purchasing a vehicle.

That eagerness can often have negative results because auto salesmen, finance companies and repairmen may use the person's need and eagerness for transportation to reap financial benefits.

Often, young military members who purchase the car of their dreams are left with the nightmare of unaffordable monthly payments, high insurance rates, possibly unforeseen expenses for repairs and the start of a negative credit record.

To help with the questions that come along with car buying, the Randolph Financial Task Force is conducting a car buying seminar at the family support center Aug. 4 from 11 a.m. to 1 p.m.

Typically, the first mistake many people make is viewing car buying as a simple task that can be completed during the first trip to a dealership. Instead, purchasing a vehicle should be looked upon as a process requiring realistic financial planning and cautious decision-making that results



The Randolph Financial Task Force is conducting a car buying seminar Aug. 4 from 11 a.m. to 1 p.m. at the family support center. The seminar presents valuable information needed when purchasing a car.

in meeting transportation needs and staying well within a planned budget, said financial officials.

The first step in the car buying process is having a planned and written budget. An accurate and realistic budget will assist car buyers in deciding if they can afford a car, whether new or used.

Car ownership has many different aspects and consequences that impact a person's budget and must be considered. They include:

- Money for the down payment
- Money for the monthly payments
- Insurance costs
- Registration fees and taxes
- Gasoline costs

- Preventive maintenance and safety measures
- Repairs (minor, major and unpredictable)
- Depreciation (saving money in preparation for the eventual trade-in of the car just purchased)

After examining a budget, the next thing to do is to start a search for the vehicle that suits needs and resources.

Car buyers can enhance their search by using one or more of the many sources of consumer information on the price and reliability of new and used cars. Resources such as the National Automobile Dealers Association Official Guides, Kelley Blue Book, Consumer

Reports magazine (auto issue each April), and the Consumer Used Car Rating Guide (published annually) can be found at libraries, book stores, lending institutions, insurance agencies and even the magazine rack at the local grocery store.

The financial institutions on base are excellent sources of information and knowing credit scores is also important when shopping for a car. People should shop around, compare interest rates and not be fooled by some of the "packaged deals" offered by some dealerships, especially if they are a first-time car buyer.

Also realize some dealerships often have an established working relationship with some lending institutions, making it too easy to borrow money that people may not be able to afford to re-pay.

The next vital step in this process is to contact the insurance company and get an estimate of what it might cost to insure the type of vehicle that may be purchased.

All of this research can be done before going to the car lot, making car buyers able to discuss their situation with the salesperson at the dealership from a position of knowledge, while being cautious and deliberate in making the final decision and purchase.

Buying a car is a significant financial move that should not be rushed into.

Attendees are welcome to bring their lunch to the seminar.

For more information, or to sign up, call 652-5321.

Base residents urged to complete housing survey

WASHINGTON (AFP) – An Air Force-wide base resident survey has been launched to determine the level of satisfaction of family housing residents at installations worldwide.

The survey provides base-housing residents and housing managers an opportunity to respond to survey questions regarding housing facilities and services delivered. At installations with privatized housing, property managers will also participate in the survey.

"We encourage all residents to complete their survey as soon as possible," said Maj. Gen. L. Dean Fox, the Air Force Civil Engineer. "The more participants we have, the more accurate our results will be and the greater emphasis we can place on

making the recommended changes."

Stateside residents should have received their surveys in June, while overseas residents should receive surveys by late summer or early fall, officials said.

The survey is customized for Air Force residents and will take about five minutes to complete.

"Efforts to assess resident satisfaction have historically been undertaken at the installation level," said Col. Bob Griffin, Air Force Housing Division chief. "Using standardized surveys will allow us to make valid comparisons of the data collected. I encourage every Air Force family residing in government-owned or privatized housing to participate."

Each resident will be provided a pre-addressed, postage-paid envelope to return the survey.

Survey results are confidential and anonymous. The survey asks residents to respond to questions related to the physical property, services and management's performance. With the cooperation and candid responses by residents, the Air Force can collect important information that will be used to identify areas where improvements are required.

An executive summary of the survey results will be provided to senior leaders at the wing, major command and Air Staff levels and used as a basis for decisions regarding the Air Force's Military Housing Privatization Initiative, military construction needs and the future of family housing.

Beating the high price of cool: Civil engineers offer tips on keeping energy costs down

By Jennifer Valentin
Wingspread staff writer

The utility bills for Randolph each year exceed \$6.6 million, while the average cost of utilities for each home on base last year was \$1,870.

According to the 12th Civil Engineer Division, 58 percent of the energy used in base housing is for air conditioning and heating.

"If your home feels humid at times or takes longer to cool down, the comfort can be increased by taking time to look and listen," said Roger Kiker, Randolph Energy Manager.

For example, if the air conditioner

filter is dirty, the system won't perform properly, said Mr. Kiker. Housing residents can easily obtain replacement filters from housing maintenance by calling 652-1856.

Residents should also pay attention to their return air grill on their air conditioning system.

"Make sure it is unblocked at all times, because unrestricted air needs to flow through the grill for proper operation," said Mr. Kiker.

Homes with fireplaces should have the damper closed when it's not in use, because the damper draws cool air from the house into the chimney.

When doing laundry, housing residents should remember some

helpful tips. The dryer generates a lot of heat, so the lint filter needs to be cleaned after each load, said Mr. Kiker. A dirty filter will take longer to dry clothes and it can actually cause moisture to escape into the home, making it feel uncomfortable.

"Drying full and consecutive loads reduces the load on your air conditioning system," said Mr. Kiker.

When running dishwashers, it is suggested they run only with full loads, leading to less humidity in the air and less wasted water.

When taking showers, residents are encouraged to reduce the temperature and length of showers.

"The steam from showers can get into

the home and come out through the air conditioner, making the house seem humid and uncomfortable," said Mr. Kiker.

Leaky faucets should also be repaired immediately, suggested Mr. Kiker. A dripping faucet can waste 200 gallons of water per month, as well as the energy that is used to heat the water. A single dripping faucet in each home is enough water to fill the base's center pool every two months.

"Remember to look and listen around your home if you want to stay dry and comfortable during the upcoming summer months," said Mr. Kiker.

For more information on energy saving tips, call 652-5205.

Reservists airlift dolphin to Florida

By Tech. Sgt. James B. Pritchett
403rd Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. (AFPN) -- No one knows how or why Noah, a rough-toothed dolphin, ended up near death on a Texas beach last August; however his journey home drew national attention July 15 when he was loaded onto a C-130J Hercules for a flight to Florida.

A crew from Air Force Reserve Command's 815th Airlift Squadron here was on an unrelated mission when told they were needed to deliver a special cargo.

"We transport a lot of things for the Air Force and for other services, but this is definitely one of the more unusual missions I've ever supported," said Senior Master Sgt. Todd Patterson, a loadmaster.

"I'm just glad we could help out with something like this," said Master Sgt. Steve Campanella, a 403rd Aircraft Maintenance Squadron crew chief. "This means something, not only to Noah and the people who have worked so hard to get him healthy, but also to the community. Anytime we are able to help out with a humanitarian mission, whether it's carrying hurricane relief supplies in the (United States) or air dropping food in foreign countries, I'm always proud to be a part of those missions."

Lea Walker, regional director of the Texas Marine Mammal Stranding Network, invited the crew out to meet Noah the day before the flight.

When Noah was first brought in, he was so sick rescuers did not think he had a chance, Ms. Walker said.

"He had so many problems," she said. "We just didn't want to get too attached."

Noah had several infections including ulcerations in his esophageal tract which prevented him from eating his normal diet. He also had an infection in his gums that caused them to swell and cover his teeth.

"That's how he got the name Noah," Ms. Walker said. "When we first saw him we thought he was very old and didn't have any teeth."



Senior Master Sgt. Todd Patterson spends time with Noah, a rescued dolphin, on a C-130J Hercules en route to Florida. The aircrew with the 815th Airlift Squadron from Keesler Air Force Base, Miss., kept Noah hydrated during the flight. (Photo by Tech. Sgt. James Pritchett)

It turned out Noah was a middle-aged dolphin between 17 and 22 years old, and showed a determination to live from the beginning. He made a full recovery the past 10-and-a-half months and became healthy enough to travel back to his native waters in Florida.

Ms. Walker and her team of more than 30 volunteers nursed Noah back to health in a warehouse in Corpus Christi, Texas. There is a large tank in the warehouse, 40 feet across and filled with 40,000 gallons of salt water where the team treats injured dolphins like Noah.

Ms. Walker has spent much of her time over the past 10 months searching for donations to keep the project going.

"We have to change the water in the tank every five days," she said. "When we do that we have to add salt because we are using fresh water. The salt alone costs

about \$1,000 every time we change it out."

Ms. Walker said she is fortunate to have found donors for its many needs such as fish food and medicine.

She was also able to get Coastal America to help arrange the airlift necessary to bring Noah home. Coastal America is a partnership of federal agencies, state and local governments, and private organizations working to protect, preserve and restore the nation's coasts. Ms. Walker said they never considered moving Noah over land because it would be too dangerous for his health and too traumatic.

To move the more than 300-pound dolphin, Ms. Walker's team had to construct a transport box about 10 feet long and 3 feet wide. He was picked up in a harness and moved over into the box where he laid on air mattresses during the trip.

"We can keep him comfortable in the tank for about a day," she said. "We really don't like to keep him out of the water that long."

When the team arrived at the aircraft, Ms. Walker brought along a small group of handlers who have worked with Noah, and Dr. Tim Tristan, a veterinarian with the Texas State Aquarium. Dr. Tristan kept Noah sedated during the move and monitored his condition. The others kept him wet using sprayers filled with water and kept him calm by talking to him and touching him.

"We are very grateful to the Air Force Reserve for allowing this crew to come and help us move Noah," Ms. Walker said. "I don't know how we would have done it without them. Now I can relax, knowing that Noah is going to be OK."

"I'm glad we could work this out and that we were able to transport the whole team," said Maj. Erik Olson, pilot and aircraft commander. Major Olson and Capt. Todd Humphries, co-pilot, each took a few minutes to visit Noah during the flight.

After landing at Tyndall Air Force Base, Fla., Noah was brought to Gulf World Marine Park in Panama City, Fla., where he joined three other dolphins.

Rescuers are hoping the dolphins form a small pod and stick together when they are released back into the Gulf of Mexico.

Job searching? *The human resources office provides user friendly Web site for seekers*

By Jennifer Valentin
Wingspread staff writer

Looking for a job on base? The human resources office is here to help.

The Randolph Human Resources Office services more than 600 federal positions within Headquarters Air Force Services Agency, Headquarters Air Education and Training Command and the 12th Flying Training Wing.

The office counsels and provides staffing, position classification, and labor and employee relations services to supervisors of federal employees.

"We also counsel and provide assistance to federal employees," said Maria Hartman, HRO director. "Another service we provide is home station training and on-the-job training. We want to make sure our employees receive as much training as they need."

Two different kinds of employment opportunities are available: flexible and regular.

Flexible positions have work schedules that depend on the need of the activity. Flexible employees work anywhere from zero to 40 hours per week, and don't receive benefits. Regular employees work between 20-40 hours per week depending on the requirements of the position, and



Judy Allen, human resources assistant, checks Randolph's Human Resources Office Web site to make sure things are running smoothly. (Photo by Jennifer Valentin)

they're eligible to receive benefits.

Federal employment, or non-appropriated fund employment, is different from federal civil service employment because the funds used to pay the salaries is self-generated by Air Force clubs, golf courses and other activities that use NAF employees, said Ms. Hartman.

People can find jobs at the different 12th Services Division organizations on base, such as the bowling center, fitness center and the auto skills center.

"When it comes to the most popular

jobs, working at the base clubs is the best for those looking for part-time work," said Ms. Hartman. "Positions at the child development centers and the youth centers are always popular."

People can apply online using one of the HRO computers or from their own computer, said Ms. Hartman. They create a user identification name and password. Once they have an application online, applicants can apply for as many positions as they wish. They only have to create an application one time.

Applications for continuously open positions stay active for 90 days. These positions accept applications at all times regardless of whether or not there is an opening at the time of application.

"In the month of June, we accepted more than 1,350 applications," said Ms. Hartman. "Our Web site has become very popular, and it is a very easy way for applicants to apply and view all the jobs we have."

The office is open to active duty military members, spouses, retirees and non-military affiliated members.

The HRO is open Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4:30 p.m. and Thursday from 7:30 a.m. to 12:30 p.m.

For more information, call 652-5273.

Seeing eye to eye

Randolph's optometry clinic provides variety of services

By Jennifer Valentin
Wingspread staff writer

Protecting the eyes of Randolph, whether those who work at a computer or those who look over the clouds, is the job of the base optometry clinic.

The Randolph Optometry Clinic provides a variety of services for active duty members and other patients on base.

Anyone who is authorized military care and is registered at Randolph can use the optometry clinic, said Staff Sgt. Bryan Crasher, NCO in charge of optometry. The optometry clinic uses the priority system, where active duty members have first priority, followed by TRICARE Prime members and then space available appointments for TRICARE Standard members.

The optometry clinic provides comprehensive eye exams for all of the authorized personnel, including a health check of the eyes, said Sgt. Crasher.

"Our clinic encompasses the belief of the military taking care of military," said the sergeant. "We're trained to know what the Air Force Instructions say are necessary and how the military system wants a certain test preformed."

For active duty and retirees, the optometry clinic also provides glasses at no cost, said Sergeant Crasher.



Senior Airman Thomas Morrow, deputy NCO in charge of optometry, estimates a patient's prescription. (Photo by Jennifer Valentin)

Retirees get one pair of standard issue glasses per year and active duty get their requirements depending on their status.

Active duty members are also authorized one pair of glasses per year, with the frame of their choice. No glasses are authorized for dependants.

If a person is currently wearing contact lenses and has a copy of the prescription, the optometry clinic can offer an update of the prescription,

said Sergeant Crasher.

"We do not perform initial contact lens fittings except for active duty flyers who are in the aviator contact lens program and for some patients with certain medical conditions," said the sergeant.

Acute appointments are provided as well, which entails urgent problems that have started within the last 24 hours and have kept persisting such as blurry vision or pain.

The optometry clinic sees between

200-600 patients per month, depending on staffing, said Sergeant Crasher. With a full staff, the optometry clinic has two students from the College of Optometry and three Air Force doctors. Currently, they only have two doctors and one student, making appointment slots slightly more difficult to obtain. However, Capt. Jessica Grimm is joining the staff in about one month, which should help alleviate appointment problems.

"Having the optometry clinic on base is vital for our medical facility to function as a whole," said Senior Airman Chadmun Ferguson, optometry clinic staff. "Flight medicine wouldn't be able to keep many of the flyers on flying status without us. It's also convenient for dependants and retirees having our clinic in the same facility as many other stops they make while seeking medical care."

The optometry clinic is open Monday through Friday from 7:30 a.m. to 4:30 p.m. except for Wednesday when they close at noon for training. The last Wednesday of the month the entire clinic is closed in the morning for training.

"The optometry clinic is not only convenient, but it has state-of-the-art equipment and comprehensive health care," said Maj. Sheridan Martin, optometry clinic staff.

For more information, call 652-5526.

Raising the roof



The new visitor's center is currently under construction on Harmon Drive outside the main gate. The visitor's center is scheduled for completion by the end of December. (Photo by Steve White)

20 YEARS
AGO

in the Wingspread

☆ Headquarters Air Training Command announced training classes would be offered on the new Burroughs microcomputers (now called personal computers). Use of the microcomputers is increasing Air Force wide and training is necessary for people new to the concept.

☆ Maj. Paulette Brehob, Air Training Command, and her husband, Jim Matthes, San Antonio Real Property Maintenance Agency, competed in the 15th Annual Levi Ride and Tie race in California. The race is patterned after the legend of two trappers who raced for their lives from attacking Indians. They had only one horse between them, so one man rode for a ways, then tied the horse and start running on foot. The other man ran until he reached the horse, mounted and rode ahead where the trade-off strategy was repeated. In the modern version, the riders and runners complete a 40-mile course, through rough terrain and in hot weather. The Randolph team came in 54th out of 160 entrants, of whom only 82 finished. Their time was 8 hours, 30 minutes.

☆ When Sandra Redwine, a base housing resident, told her neighbor, Norma Jean Cobb, that her baby was coming faster than expected, Ms. Cobb called other neighbors to help. The baby boy was delivered on the lawn in front of their quarters at 10:03 a.m.

☆ A Randolph security policeman on night duty had just stopped his patrol car at the front gate when a car sped through the checkpoint without stopping. He gave chase down Harmon Drive at 60 mph with lights flashing. The speeder did a U-turn through the median and headed back in the outbound lane. The Airman radioed ahead to get the barrier gate closed. The speeder hit the still moving gate, twisting it around the masonry wall by the guard building and continued off base. He abandoned his damaged car in Universal City but was apprehended on foot shortly after. He turned out to be a base Airman. He was charged with driving under the influence, damage to government property, eluding arrest and being responsible for a major vehicle accident.

BATTLE of the GROUPS

The Battle of the Groups competition kicked off as part of the Operation Summer Survivor: Xtreme Challenge campaign which runs through Sept. 5.

The goal of the competition is for base organizations that belong to 12th Flying Training Wing Groups or Directorates to gather as many points as they can by performing different safety checks or safety related events around base.

This week's outstanding performer is Capt. Ruben Rodriguez from the 562nd Flying Training Squadron.

GROUP	TOTAL
MDG	1,966.94
MSG	427.00
OG	1,235.64
MX	844.26

Library meets needs of serious student to casual patron

By Jennifer Valentin
Wingspread staff writer

With more than 16,000 customers walking through the doors every month, the Randolph Library has something for people of all ages.

The library offers more than just books. It has a wide variety of music and book CDs, DVD and VHS movies and educational resources.

Book topics at the base library range from children's books, to mystery novels to biographies, said David Ince, library manager. Anywhere from 15,000-20,000 books are checked out of the library monthly.

Customers with a library card can access the library's Web site from the base library or from home, said Mr. Ince. Customers can browse the local library catalog or access a variety of online research databases. While browsing the library catalogs, the user can see all media that is in the library.

People can check out movies and magazine periodicals for one week, test preparation materials for two weeks and everything else for three weeks.

An item can be placed on alert and reserved if it is currently checked out or not available, said Mr. Ince. The program will send an e-mail or alert staff to call the customer when the item becomes available. The item is placed on hold for three business days for the customer to pick up. Items that show 'available status' can be found at the library.

Educational resources include online services of the Peterson's Library Education Resource Center, where customers get free access to an online database search of schools and programs offered, as well as online practice tests.

Students working on a term paper or other research project can access full text articles from hundreds of



Gail Trevino helps library customer John Orona search for information using a computer in the base library. (Photo by Jennifer Valentin)

commercial and professional journals from the online databases.

"Students can get help with their work from the comfort of their own home computer, 24 hours a day, seven days a week," said Mr. Ince.

Available journals cover all topics from Consumer Reports to the Air Force Journal of Logistics. The catalog also provides access to over 40,000 libraries from a home computer

"To ensure everyone has access to the site, there is a time out feature on the online database which will

automatically log customers out after a period of inactivity," said Mr. Ince.

The library also offers customers who want to take a break from reading or studying the Bookworm Coffeehouse located in the library's main entrance, said Mr. Ince.

The coffeehouse sells a variety of drinks and snacks. They also have, as does the library area, connections for people who want to bring their laptops.

The base library fulfills three missions, said Mr. Ince. They include supporting the base mission, supporting the educational programs and keeping the quality of support as a public library. This means the library acts as a special library, an academic library and a public library for active duty members, civilian employees, contractors and retired military members and their families.

"A large part of our patrons live on base," said Mr. Ince. "If they wanted to use the local libraries they would have to pay a fee, or the local area libraries may be too far for them to travel to. Our library is not only convenient, but free for those who are allowed to use it."

The Randolph Library was also recognized in February as the only Air Education and Training Command recipient of a Five-Star Rating under the Air Force Golden Eagle Standards. The standards include how libraries should be managed and what they should offer their customers.

The Randolph Library is open Monday through Thursday from 9 a.m. to 9 p.m., Friday from 9 a.m. to 6 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 6 p.m. To obtain a library card, customers should stop by the library with their Department of Defense issued identification card.

For more information, visit the Web site at www.rafblibrary.org or call 652-2617.

Pets need extra care in extreme Texas heat

By Jennifer Valentin
Wingspread staff writer

Although the summer season can be the perfect time for pets to play outside and work off some energy, people should remember during these hot months pets are also more susceptible to overheating, exhaustion and parasites.

Pets don't have sweat glands like humans to cool themselves off, so the summer heat can be harmful or even deadly to pets if their owners aren't careful, said Randolph Veterinary Clinic officials.

To help keep four-legged loved ones safe in the sun, vet clinic officials offer the following tips:

- Don't walk animals during the peak hours of the day between 10 a.m. and 4 p.m. when the sun is the hottest. Walk dogs in the early morning hours or later evening hours.
- Make sure pets have plenty of water throughout the day whether inside or outside. If the pet is outside, owners might also consider using a small child's pool filled with water for the pets to cool off in.
- Never leave pets in a car with no air conditioning. Temperatures inside a car rapidly climb to more than 100 degrees and can cause death in as little as 10 minutes.
- Provide outdoor animals with shade to keep cool.
- Protect animals against heartworms, fleas and ticks, which can be a common problem during the hot summer months.

Since parasites are usually more prevalent in the summertime, pet owners should take their pets to the veterinarian for regular check-ups.



A military working dog puppy takes a break from training with a drink of water. (Photo by Steve White)

Heartworms are parasites transmitted by mosquitoes that can be fatal to dogs or cats, said Army Sgt. Carol Hebert, NCO in charge of the veterinary clinic. Both dogs and cats should be tested for heartworms by their veterinarian, and owners should ask about heartworm prevention methods. Pets are not safe from heartworm disease just

because they spend little or no time outdoors.

It is also possible to have a flea problem even if a pet has only a few or no fleas on them, the sergeant said. The egg and larval stages can survive in a home year-round. They can also survive outside in a yard from spring through late fall and even longer in warmer climates.

Biting and scratching on the lower back, tail and abdomen are the most common signs of flea infestation and a rash will often appear in these areas, said Sergeant Hebert. Flea control involves treatment of the pet and the environment by using shampoo, spray, dip, spot treatment, powders, oral medications and flea collars.

"Veterinarians can recommend the best flea prevention and treatment program for a pet," said Sergeant Hebert.

Ticks can also be a nuisance to pets during the summer, and can transmit several diseases such as Lyme disease, babesiosis and ehrlichiosis. Many flea prevention and treatment products can also help with the control of ticks, said the sergeant.

Veterinarians can help pet owners with the right way of removing ticks, she added. Owners whose dogs have substantial exposure to ticks, such as sporting dogs, dogs that go camping and those that spend time in forest preserves or wooded areas, should also ask a veterinarian's advice about vaccinations for Lyme disease.

"Pets are just as sensitive to the heat and the outdoors as we are, so it is the owner's responsibility to make sure their pets are taken care of," said Sergeant Hebert.

For more information on pet safety and care, call 652-3190.

Roughing it: Camping, fire safety stressed during summer outdoor activities

By Daniel Vandergriff
Randolph Fire Prevention Office

Over the last month, South Texas has been blessed with the kind of weather that draws hoards of people to campgrounds, lakes and rivers.

However, Texas weather can also bring long periods of dry conditions, especially during the summer months. These conditions, coupled with high temperatures and gusty winds, can often create an extreme wildfire danger.

With that in mind, some extra caution is highly recommended when heading out to the campground this summer.

The following tips will be a great start in preventing wildfire and keeping your family safe:

- Always build a campfire down wind away from the tent or recreational vehicle.
- Clear all vegetation and dig a pit surrounded by rocks before building a campfire.

- Store lighter fluid away from the campfire and use only dry kindling to freshen the fire.
- Always extinguish a campfire before going to sleep or leaving the campsite. To extinguish the fire, cover with dirt or pour water over it.
- Only use flashlights or battery powered lanterns inside a tent or any other closed space. Never use liquid filled heaters or lanterns.
- Purchase only flame-retardant tent structures.
- Dispose of smoking materials properly.

Combined with common sense, these tips can go a long way to protect your family and the Texas landscape this summer.

When camping, you must take your surroundings into consideration. The dry conditions could easily combine with a lack of attention to initiate a wildfire disaster. Let the conditions you observe in your camping area determine your course of activities this summer.

For more information, call the Randolph Fire Prevention Office at 652-6915.



Heart Link orientation offered for spouses new to military

By Jennifer Valentin
Wingspread staff writer

Military spouses who are new to the Air Force or have just arrived to Randolph from another base can attend a family support center sponsored seminar, Heart Link, to help make their transitions a little easier.

Heart Link is scheduled for Aug. 12 from 8:30 a.m. to 2 p.m. in the family support center ballroom. Spouses who attend the seminar will be treated to

breakfast and lunch and given the chance to win prizes. Free childcare is also available.

The objective of the seminar is to enhance mission readiness by strengthening military families.

"Air Force spouses are the heart of the Air Force team, and we realize that moving to a new base is stressful," said Chris Morrow, community readiness consultant. "Heart Link provides an opportunity for spouses to interact with one another and build a network of friendships in addition to learning valuable information from various agencies on base."

The seminar is designed to provide information about the Air Force and Randolph through fun-filled interactive games, informational tables and short presentations from organizations such as the clinic, TRICARE, finance, services, chapel, life skills, family support center and the health and wellness center.

"The presentations are designed to familiarize the spouses with what the base has to offer," said Ms. Morrow.

For more information on Heart Link, call Ms. Morrow at 652-5321. The deadline to sign up is Aug. 5.

Air Force Advanced Instrument School



UNIT SHIELD

The AFAIS shield represents a stylized aircraft attitude indicator with an Air Force pilot's wings coming in for a smooth, straight and level landing. The sword represents the force that can be accurately brought to the battle by effective use of the skills taught in the school.

UNIT HISTORY

In 1926 the Army's School of Aviation Medicine, then at Mitchell Field on Long Island, did the first developmental research in the physiological principles involved in blind flying. Blind flying was defined as flying without visual reference to the ground or the horizon. Based on that research, Lt. Jimmy Doolittle accomplished the first-ever aircraft flight using only instruments to guide him from takeoff to landing on Sept. 24, 1929. The next year the Army began to require pilots to be trained for Blind Flight.

Instrument flying then was still in its infancy. Instrumentation was rudimentary and physiological effects were only beginning to be understood.

Finally, in 1934, after a series of crashes, the Army ordered six of the newly invented Link Trainers and began systematic instrument flight training. More than 10,000 of the Link "Blue Boxes" were eventually used during World War II to train pilots and are credited with saving countless lives by improving pilot skills without placing them in danger of crashing.

Recognizing the need to improve instrument flight training throughout the Army Air Corps, Lt. Col. Joseph Duckworth started the first military Instrument Pilot Instructor School at Bryan Field, Texas, in 1943 in order to train people specifically for teaching the skills involved in instrument flight. Graduates of that school received a "green card" that identified them as proficient in the instrument flight skills. After seven different relocations, the IPIS finally arrived at Randolph on Sept. 1, 1961, where it used T-39 Sabreliner aircraft to reinforce the principles taught in the classroom.

When the 12th Flying Training Wing stood up at Randolph in 1972, the school became a division of the new USAF Instrument Flight Center. Six years later, the IFC was deactivated due to budget constraints. Instrument flight training was relegated to a subject taught in undergraduate pilot training and only updated in classes developed at the local base level.

From 1978 to 1982, the Air Force saw a 400 percent rise in instrument-related mishaps. Finally in 1982, the commander of the Strategic Air Command seized the initiative and resurrected the IPIS as the SAC Instrument Flight Course at Castle AFB, Calif. The SIFC operated there until the base was closed in 1995. Its function was transferred to Air Education and Training Command and back to Randolph under the name of Air Force Advanced Instrument Course. Today the AFAIS conducts 13 classes a year, with an annual total load of 288 students.

Air Force Advanced Instrument School

World class training for world class aviators

By Bob Hieronymus
Wingspread staff writer

The Air Force Advanced Instrument School, under the command of the 12th Flying Training Wing's Operations Group, is the only Department of Defense organization with the mission of teaching a graduate-level instrument flight course. As such it receives students from all DoD services as well as some international students, and provides expert advisors for federal and international aviation policy development.

AFAIS celebrates the 10th anniversary of the graduation of its first class on Randolph Aug. 3. During those 10 years, more than 2,500 students have gone back to their home bases to teach the instrument refresher classes required annually for all military aviators.

"The school has had a major impact on military aviation for many years," said Lt. Col. David Tubb, AFAIS commandant. "The staff of nine instructors here represents a pool of instrument flight expertise that is unmatched anywhere in the world."

Instrument flight policy for the Air Force is set by Air Force Flight Standards Agency at Andrews AFB, Md.

"They write the rules and we teach how to apply them operationally and how they relate to domestic and international civilian aviation," Col. Tubb said.

AFAIS graduates 288 people each year from its 13-day course. Graduates go back to their units with the latest information about military, federal and international air regulations and developments related to instrument flight. In addition they apply what they learned in more than 10 hours of simulator missions.

The goal is to pass on their knowledge to aircrews in small training classes at their home bases and raise the proficiency levels of aircrews throughout the Air Force. The end result for the Air Force and for everyone using the airways is increased awareness of flight safety procedures.

Lt. Col. Scott Blum, AFAIS director of operations, pointed out the school's staff members also attend national and international conferences related to air traffic and safety.

The instruction staff includes a mix of officers with experience in airlift, fighter and bomber aircraft. That kind of diversity ensures the school accurately addresses the full range of Air Force requirements, Colonel Tubb explained.

"Our simulator operators and support staff also bring many years of experience to the table that help us present our students with the best material possible," he said.

In addition to the classroom work, the course syllabus calls for the students to complete six hours practicing instrument flight in the T-40 simulator and missions in each of the T-50 and T-96 simulators. The T-40 simulator is a faithful copy of the T-39 Sabreliner cockpit, a plane that is no longer in the inventory. This simulator is useful for getting back to the basics without benefit of all the modern technology.

"This helps to bring home to the students the reality that, when technology fails, there are basic principles which if correctly applied, can bring the aircraft home safely," Colonel Tubb said.

The T-50 simulator represents the T-37 aircraft and the T-96 simulator represents the T-6 aircraft. They illustrate the modern "glass" cockpits into which the Air Force is transitioning. The lessons in each simulator are designed to present different challenges for instrument flying.

AFAIS also uses the General Aviation Trainer Two, a limited motion device located in the aerospace physiology building, for demonstrating spatial disorientation. SD is a false perception of one's position and motion in flight with respect to the earth.

"Spatial disorientation is one aspect of flying we need to always guard against," Colonel Tubb said. "Those false perceptions are a major factor in many aircraft accidents, but regular refresher training helps pilots to trust their instruments. That's one of the reasons our school exists."

"The school has had a major impact on military aviation for many years. The staff of nine instructors here represents a pool of instrument flight expertise that is unmatched anywhere in the world."

Lt. Col. David Tubb
*Air Force Advanced Instrument School
commandant*



Majors Doug Beck and Bud Carlson, instructors in the Air Force Advanced Instrument Flight School, check out the instrument displays in the T-40 simulator. Although this simulator is derived from the T-39 Sabreliner, an aircraft no longer in the inventory, its old-style instruments serve as an excellent device for reinforcing the basics of instrument flight. (Photo by Steve White)

559th Flying Training Squadron: How ‘tweet’ it is

Training instructor pilots in the T-37 who go on to train Air Force pilots in the basics

By Bob Hieronymus
Wingspread staff writer

Flying the T-37 Tweet, the 559th Flying Training Squadron has been in the business of training instructors since the unit arrived here in 1972. The Cessna-built, twin-engine T-37 has been in the Air Force inventory since 1956 and has been used for undergraduate pilot training. That is until the T-6A Texan II arrived here in May 2000. After more than 50 years of operational use, the venerable Tweet is programmed to retire.

For the 559th FTS, that means the student load of the pilot instructor training program will also draw to a close. The last T-37 PIT class is scheduled to graduate here in April 2007 and the last of the squadron's aircraft will be distributed then to the UPT bases still using the aircraft.

Until then, Lt. Col. Pete D'Amico, commander of the 559th Flying Training Squadron, points out the squadron has a mission to perform and a long tradition of excellence to maintain. The 49 officers assigned or attached to the squadron will produce 106 PIT graduates in fiscal year 2005, in the process flying more than 8,400 hours.

"Our mission is simple," Colonel D'Amico said. "Our assignment is to train the best primary flight instructor pilots in the world."

Students arriving at the 559th FTS come with a variety of backgrounds. Some are field grade officers with thousands of hours in operational aircraft and others arrive as junior lieutenants directly from pilot training. Some have flown the T-37, some were trained in Navy programs that used other aircraft and some are pilots from allied nations whose flight experience may be totally different.



cutline (Photos by Steve White)

Consequently, the T-37 PIT syllabus has several variations to match the varied experience levels of the students with the same end result: an instructor qualified to teach undergraduate pilots in the T-37.

Students who require the full program receive 14 weeks of training, including 24 hours in the T-50 simulator and 66 hours in the T-37. The training missions require the PIT student be able to perform the various flight tasks from the left or student seat and then be able to instruct the same tasks from the right seat. Learning to recognize when a student pilot is heading for a problem is a skill that takes practice, Colonel D'Amico said, and learning how to safely but surely correct a student is an exercise in patience.

"That's where the professional skills of the instructor is put to the test," he said.

Close formation flying is part of the curriculum, together with learning how to be the lead aircraft as well as the wingman. For a pilot who comes to the program from an airlift cockpit, this is an unfamiliar skill that requires special attention. In addition to mastering all the flight maneuvers, the instructors must demonstrate they can conduct mission briefings and follow through to finish the lessons with evaluations and final grades.

When pilots come to the 559th FTS with prior experience as T-37 instructors, they may complete their training in half the time of those who do not have that level of experience. For those who have never flown the T-37, there is a special six-week course to qualify them in the aircraft before entering the regular program.

Along with all the training requirements, every year the squadron also hosts a number of ROTC cadets for jet orientation flights, flies in airshows around the country and performs flybys for basic training graduation parades at Lackland AFB.

"I'm proud of what we have accomplished in the last 18 months," Colonel D'Amico said. "We implemented a new training syllabus and a new flight manual. We transitioned to a new briefing room interactive display system. And we never missed a beat in our training flow. That takes people who are confident in themselves and each other."

UNIT HISTORY

The 559th Flying Training Squadron traces its roots back to Jan. 15, 1941, almost a year before the attack on Pearl Harbor that brought the United States into World War II. The unit was activated as the 81st Bombardment Squadron (Light) and equipped with one B-18, one B-23 and two PT-17s. After a year of training and organization at McChord Field, Tacoma, Wash., the squadron received its B-25 Mitchell bombers and began preparations for combat at Esler Field, near Alexandria, La.

Men and planes from the 81st BS spent a month flying patrol missions off the California coast before relocating to Egypt. Once in Africa, however, they were introduced to desert combat by flying missions alongside the British and South African units that were already fighting the German Afrika Corps of General Rommel along the Mediterranean coast. They participated in the Battle of El Alamein, which ended in November 1942, in which the Afrika Corps was turned back. Flying from bases in Algeria, they helped in the mopping up actions that finished the German occupation of North Africa.

In June 1943, they were part of the 10-day series of air attacks on Pantelleria, an island strategically located midway between the coast of Africa and Sicily. From there, German aircraft and naval forces were taking a heavy toll on allied shipping. This air battle was significant in that the enemy forces on the island surrendered to the first allied troops who landed there because the aerial bombardment effectively destroyed both their equipment and will to fight. This was reported to be the only land objective won primarily by airpower during the war.

The 81st BS went on to fly missions from Sicily and Italy over the next seven months before deploying to Tezgaon Airdrome, near Calcutta, India. They participated in many missions against Japanese installations in Burma and China. They were still in training in their new B-26 light bombers when the war ended in August 1945 and were inactivated when they returned to the states.

After the Korean War began in 1950, the unit was reactivated as the 559th Fighter-Escort Squadron at Turner Air Force Base, near Albany, Ga. and equipped with the F-84 Thunderjet. They were assigned to the Strategic Air Command with the mission of defending long-range B-36 bombers. Soon relocated to Bergstrom Air Force Base, near Austin, Texas, the squadron flew gunnery and bombing training missions primarily at the Matagorda Island bomb range on the Texas Gulf coast.

From 1950 to 1958, the squadron was part of the 12th Strategic Fighter Wing at Bergstrom AFB. In addition to their escort duties, they made extensive deployments to Europe, Africa, Japan and Alaska before deactivating on Jan. 8, 1958.

Four years later, the squadron was activated again and assigned to the 12th Tactical Fighter Wing, then forming at MacDill Air Force Base, Fla. The wing deployed to Cam Ranh Air Base, Vietnam in 1966, flying the F-4C Phantom fighter and was part of the massive air war against the North Vietnamese and Viet Cong until the wing returned to the states in 1972.

Since that time, the 559th FTS has been stationed here training instructor pilots in the T-37 Tweet.



Student instructor pilot Capt. Zac Henshaw and instructor Maj. Guy Schmidt go through their pre-flight checklist in the T-37 Tweet cockpit before starting another training mission. (Photos by Steve White)

559th Flying Training Squadron



UNIT SHIELD

The 559th Flying Training Squadron "Billy Goats" Shield was originally adopted when the 559th Fighter Escort Squadron activated Oct. 27, 1949.

Tae Kwon Do classes now offered on base

By Jennifer Valentin
Wingspread staff writer

The Randolph Fitness Center has joined with TEAM CHIP Tae Kwon Do Centers to offer Tae Kwon Do classes on base.

The classes are open to all Department of Defense identification card holders and their dependents age 14 and older. Every eligible attendee will receive a free complimentary class. Regular classes are \$40 per month and are held every Monday and Wednesday from 7-8 p.m. and 8:15-9:15 p.m. in the aerobics room of Hangar 70.

Classes are taught by Rick Johnson, who has been training in the art of Tae Kwon Do since 1998. Mr. Johnson is currently an active duty member at Lackland, assigned to the 37th Logistics Readiness Squadron.

"Originally it wasn't my goal to be an instructor, but

as I advanced in training, I gained a desire to teach others what I have learned," said Mr. Johnson. "The Randolph Fitness Center had a need for a martial arts curriculum and I needed a location to teach from, so it has all worked out."

Tae Kwon Do is a foot (Tae) and hand (Kwon) art (Do) that started more than 1,350 years ago as a way of battle for the Korean dynasties of that era, said Mr. Johnson. Over the years the art grew into what is now known today as Tae Kwon Do.

With its roots in military warfare, the art heavily emphasizes combat-oriented self-defense tactics. However, many people currently practice Tae Kwon Do as a way to keep physically and mentally fit.

"Tae Kwon Do promotes physical stamina, mental focus and discipline," said Mr. Johnson. "It properly maintains flexibility and balance, and reduces muscle, tendon and ligament strain or damage during normal daily activities."

Cardiovascular and muscular strength are greatly

improved through the workout sessions, which reduce fatigue during common activities, he added.

The class curriculum includes traditional Tae Kwon Do training in various kicking, blocking and striking techniques using feet, hands and arms, said Mr. Johnson.

Classes begin with a warm-up session, which includes stretching all the muscle groups in preparation for the workout session. Through various training applications, individuals are taught proper technique in kicking, blocking and punching which is applied later in self-defense lessons. Portions of classes are used to address the mental and personal discipline necessary to succeed in the art.

Classes are for anyone because martial arts knowledge, age, physical and mental challenges, and current physical condition don't limit anyone from participating in classes, he added.

"Class activities are steered toward including all participants in the curriculum; modifications are made to workout sessions with respect to any physical or mental limitations," said Mr. Johnson. "The primary goal is personal advancement, building confidence and self-esteem."

Mr. Johnson has been teaching for about four years at TEAM CHIP Tae Kwon Do Centers in Abilene, Texas. He earned his first degree Black Belt in December 2001, before he began the assistant instructor program. In June 2003, he competed in and won his first International Sport Karate Association Men's World Heavyweight Power Wood Breaking Championship.

In October 2003, he earned his second degree Black Belt and qualified for instructor certification in March of this year.

Mr. Johnson is also a member of the World Class Demonstration Team TEAM CHIP which currently holds the North American Sport Karate Association Nationals Championship title and is ranked number three in the world within ISKA.

Mr. Johnson encourages his students to be proud of their improvements, no matter how small. If a rock is moved forward a single inch, that is advancement, said Mr. Johnson.

"If a student begins and can only bend at the waist and touch the knee caps, yet a month later they can touch the ankles, then their flexibility has improved, their confidence begins to increase, and their self-esteem rises."

For more information, call 652-4311.



Tae Kwon Do instructor Rick Johnson instructs Brianna Vanley, a yellow belt, on how to do a kicking technique. (Photo by Brian Vanley)

College bound in the fall?

Taking a full load doesn't mean packing on weight

By Jennifer Valentin
Wingspread staff writer

When heading off to college for the first time, students are usually prepared for harder classes and more homework. But what always seems to take new students by surprise is something known as the "Freshman 15."

"Freshman 15" is the coined phrase for the weight many students put on due to changes in their exercise and eating habits.

One of the best ways to prevent weight gain is for students to develop a good exercise program before heading off to school.

"It is always a good idea to start good habits as early as possible, and exercise is no exception," said Patrick Fay, fitness programs manager. "If soon-to-be college freshmen show up on campus with a regular exercise routine, they can keep unwanted weight gain to a minimum."

Students should also use any free time now, while school is out, to learn how to properly exercise and develop the habit of working out, said Mr. Fay.

Most colleges, mainly large campuses, have state of the art student recreation centers that are free for students to use.

"A confident exerciser can use the facility to its potential," said Mr. Fay. "Fitness centers are also a great way to meet people and make a large campus feel smaller."

While Mr. Fay recommends taking advantage of the campus fitness centers, he realizes that exercise

equipment is not for everyone.

"Exercise videos are also popular on college campuses," said Mr. Fay. "The cost can be cut by sharing the videos with friends and roommates."

Sports teams and clubs are another great way to encourage healthy habits, he added. Most schools have running and cycling clubs and some offer swimming, frisbee, soccer, rugby, and much more.

"All of these are tremendous social outlets in addition to fun and exciting ways to exercise," said Mr. Fay.

Another way students can prevent weight gain is to develop a healthy and nutritious diet plan.

Most college campuses offer a wide variety of food choices but can be limited on nutritional value.

"With rare exception, dining halls prepare food to be cost effective and to taste good but often at the expense of balanced nutrition," said Mr. Fay. "Most dining halls will offer healthy choices, but they can be limited and may not be as tasty."

One big reason that freshmen gain weight from

eating at the dining hall is the size of the plates sometimes used by the school, said Mr. Fay.

"When serving yourself buffet style, most people tend to fill their plate," said Mr. Fay. "A larger plate means more food, which means more calories and possibly increased weight."

For the most part, the more food eaten, the more calories are consumed. Adding 500 calories a day to a normal meal regimen can add one pound per week to weight gain. If no exercise is taking place, the weight can start to really add up, said Mr. Fay.

"In my experience, portion size is the top contributor to freshman weight gain," he added. "There are other factors, such as unhealthy food, easier access to alcohol, classes and homework, ordering pizza too much, and being too busy, but portions top my list of weight gain factors."

Mr. Fay suggests students should practice leaving some white space on the plate, meaning that the entire plate doesn't have to be covered with food.

"Just pick what you know you will eat and enjoy," said Mr. Fay. "After you've eaten that, if you are still hungry you can always go back for more."

For more information about exercise programs or diet plans, call 652-4311.



SPORTS BRIEFS

Stars and Stripes 5K run and walk

A 5-kilometer run and walk will take place Saturday at 7 a.m. at Eberle Park.

To sign up or for more information, call the fitness center at 652-5316.

3-on-3 basketball tournament

A 3-on-3 basketball tournament takes place at the fitness center Aug. 3 from 11 a.m. to 1 p.m. Awards will be given for first and second place finishes.

The event is open to all Department of Defense identification cardholders age 18 years and older.

Patrons are asked to pre-register today through Wednesday at the fitness center.

Water aerobic classes

Free aerobic classes are Monday and Wednesday from 10-11 a.m. at the center pool.

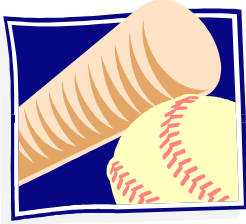
For more information, call the fitness center at 652-5316.



GOLF STANDINGS

as of July 15

TEAM	POINTS
12 LRD	37.0
AETC SC/CSS	33.0
AFSAT-SVS	31.5
19 AF	30.5
AFPC	27.5
AETC DO-IG	26.0
AFMA	23.5
AETC LG	14.5
12 CS	14.0
AFRS	8.5



SOFTBALL STANDINGS

as of Wednesday

MON-WED INTRAMURAL

	W	L
AETC/DO	6	2
12 CS	6	2
AFRS	5	2
562nd D FLT	4	3
12 SFS	1	7
12 MDG	1	7

TUE-THU INTRAMURAL	W	L
AFPC	7	1
AETC/DP	5	2
562nd Instructors	5	3
12 CON/AFMA	4	4
12 CES	2	7
562nd C FLT	1	7

EXTRAMURAL

	W	L
DPP	4	1
AFOMS	4	1
AFRS	4	1
AFMA	3	2
AFAA	3	2
12 CPTS	1	4
DPAA	1	4
12 MSS	0	4

HAVE A SAFE SUMMER